

Health Journal for January

There are some general principles of care applicable to all, and which will seldom fail of high advantages.

1. The entire body should be washed once a week with soap, hot water, and a stiff brush.
2. Wear woolen next the skin the year round, during the daytime only.
3. By means of ripe fruits and berries, coarse bread, and other coarse food, keep the bowels acting freely once in every twenty-four hours.
4. Under all circumstances, keep the feet always clean, dry and warm.
5. It is most indispensable to have the fullest plenty of sound, regular, connected, and refreshing sleep, in a clean, light, well-aired chamber with windows facing the sun.
6. Spend two or three hours of every forenoon, and one or two of every afternoon, rain or shine, in the open air, in some form of interesting, exhilarating, and unwearied exercise, walking with a cheering and entertaining companion, is the very best.
7. Eat at regular times, and always slowly.
8. That food is best for each which is most relished, and is followed by the least discomfort. What may have benefited or injured one, is no rule for another. This eighth item is of universal application.
9. Take but a teaspoonful of any kind of drink at one meal, and let that be hot.
10. Confine yourself to coarse bread of corn, rye, or wheat—to ripe, fresh, perfect fruits and berries, in their natural state—and to fresh lean meats, broiled or roasted, as meat is easier of digestion than vegetables. Milk, gravies, pastries, heavy hot bread, farinas, starches, and greasy food in general, aggravate dyspepsia by their constipating tendencies.
11. It is better to eat at regular times as often as hungry, but so little as to occasion no discomfort whatever.
12. Constantly aim to divert the mind from the bodily condition, in pleasant ways: this is half the cure in many cases.

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1861.

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